



Black Lion Swimming Club

Affiliated to M.A.S.A., K.C.A.S.A., A.S.A.S.E.R, and R.L.S.S.

Black Lion Level 3 Spring Open Meet 2013

Saturday 4th & Sunday 5th May 2013

Medway Park

Mill Road Gillingham Kent ME7 1HL

Entries must be received by midnight on Saturday 23rd March 2013

For further information visit our new website

www.blacklionsc.org

License No: 3SE3059

Under ASA Rules & Technical Rules of Swimming & Promoters conditions

Email contactblsc@aol.com



Black Lion Swimming Club

Black Lion Level 3 Spring Open Meet 2013

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INDIVIDUAL ENTRY FORM

PLEASE PRINT USING BLOCK CAPITALS

FULL NAME

MALE FEMALE CLUB

DATE OF BIRTH AGE ON Sunday 5th May 2013

ASA REGISTRATION NUMBER

Please submit 25m personal best times for your chosen events below:

Event No	Event	Entry Times
	50m Butterfly	
	50m Backstroke	
	50m Breaststroke	
	50m Freestyle	
	100m Butterfly	
	100m Backstroke	
	100m Breaststroke	
	100m Freestyle	
	200m Butterfly	
	200m Backstroke	
	200m Breaststroke	
	200m Freestyle	
	100m Individual Medley	
	200m Individual Medley	

No of Entries @ £5.00	<input type="text"/>	Total	=	£	<input type="text"/>
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Entries must be received by midnight on Saturday 23rd March 2013

I confirm that the information entered is correct and that a cheque for the correct amount made payable to **Black Lion Swimming Club** is enclosed. I understand that zoom and video photography may take place at this meet, and understand that all competitors listed on our entry form have given their consent to this as a condition of entering the competition.

Signed.....Swimmer/Parent (under 18's)

Please make cheques payable to **BLSC** and forward by **Saturday 23rd March 2013** to:

Kevin Short
Black Lion Swimming Club
163 Watling Street
Strood, Rochester
Kent ME2 3QL

Email: Contactblsc@aol.com Website: www.blacklionsc.org



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PROGRAMME OF EVENTS

Saturday 4th May 2013

Session 1

Warm Up: 08:30

Start: 09:30

- | | | |
|----|------------------------|-------|
| 1. | 100m Individual Medley | Boys |
| 2. | 200m Butterfly | Girls |
| 3. | 200m Butterfly | Boys |
| 4. | 50m Backstroke | Girls |
| 5. | 50m Backstroke | Boys |
| 6. | 100m Breaststroke | Girls |
| 7. | 100m Breaststroke | Boys |

Session 2

Warm Up: 13:00

Start: 14:00

- | | | |
|-----|------------------------|-------|
| 8. | 200m Freestyle | Girls |
| 9. | 200m Freestyle | Boys |
| 10. | 100m Backstroke | Girls |
| 11. | 100m Backstroke | Boys |
| 12. | 50m Breaststroke | Girls |
| 13. | 50m Breaststroke | Boys |
| 14. | 200m Individual Medley | Girls |

Sunday 5th May 2013

Session 3

Warm Up: 08:30

Start: 09:30

- | | | |
|-----|------------------------|-------|
| 15. | 100m Individual Medley | Girls |
| 16. | 200m Breaststroke | Boys |
| 17. | 200m Breaststroke | Girls |
| 18. | 100m Freestyle | Boys |
| 19. | 100m Freestyle | Girls |
| 20. | 50m Butterfly | Boys |
| 21. | 50m Butterfly | Girls |

Session 4

Warm Up: 13:00

Start: 14:00

- | | | |
|-----|------------------------|-------|
| 22. | 200m Backstroke | Boys |
| 23. | 200m Backstroke | Girls |
| 24. | 50m Freestyle | Boys |
| 25. | 50m Freestyle | Girls |
| 26. | 100m Butterfly | Boys |
| 27. | 100m Butterfly | Girls |
| 28. | 200m Individual Medley | Boys |



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QUALIFYING TIMES GIRLS

Girls		9	10	11	12	13	14	15/over
50m Freestyle	Upper	35.7	34.0	32.5	31.4	30.5	29.8	29.4
	Lower	49.6	46.5	43.5	40.9	38.7	37.2	36.2
100m Freestyle	Upper	N/A	1:16.5	1:11.2	1:07.2	1:04.4	1:03.4	1:02.3
	Lower	N/A	1:42.6	1:33.2	1:28.0	1:24.5	1:21.0	1:19.4
200m Freestyle	Upper	3:01.2	2:46.5	2:34.1	2:27.1	2:20.9	2:17.1	2:15.5
	Lower	3:58.8	3:40.0	3:24.2	3:11.7	3:01.3	2:53.6	2:49.2
50m Breaststroke	Upper	44.4	43.0	41.6	40.3	39.2	38.3	37.5
	Lower	1:02.8	58.1	54.1	51.1	48.7	47.0	45.7
100m Breaststroke	Upper	N/A	1:46.7	1:35.7	1:29.0	1:23.3	1:21.4	1:20.2
	Lower	N/A	2:28.0	2:07.4	1:52.5	1:44.8	1:40.7	1:38.9
200m Breaststroke	Upper	3:54.0	3:34.6	3:18.9	3:09.2	2:59.0	2:54.3	2:51.7
	Lower	4:51.9	4:30.7	4:08.8	3:52.9	3:41.2	3:33.8	3:30.7
50m Backstroke	Upper	43.5	40.2	38.3	36.6	35.4	34.5	33.7
	Lower	55.4	52.2	49.2	46.5	44.0	42.2	40.8
100m Backstroke	Upper	N/A	1:31.7	1:21.0	1:16.6	1:13.2	1:11.2	1:09.7
	Lower	N/A	1:54.0	1:44.2	1:36.8	1:32.4	1:30.8	1:28.6
200m Backstroke	Upper	3:20.8	3:04.6	2:51.6	2:43.1	2:38.2	2:32.0	2:29.5
	Lower	4:21.6	4:03.3	3:42.2	3:30.0	3:20.2	3:13.5	3:08.9
50m Butterfly	Upper	42.5	38.6	36.3	34.9	33.7	32.8	32.1
	Lower	53.9	50.7	47.8	45.3	42.1	40.4	39.1
100m Butterfly	Upper	N/A	1:30.1	1:22.6	1:17.5	1:14.4	1:11.9	1:10.5
	Lower	N/A	1:57.8	1:47.1	1:38.5	1:33.9	1:30.8	1:28.5
200m Butterfly	Upper	3:46.5	3:22.0	3:04.0	2:52.0	2:44.5	2:37.5	2:34.0
	Lower	4:46.5	4:14.0	3:51.0	3:34.8	3:23.1	3:15.4	3:10.2
100m Individual Medley	Upper	1:39.2	1:31.5	1:25.5	1:19.5	1:15.5	1:13.5	1:12.4
	Lower	2:12.8	1:56.7	1:46.2	1:39.4	1:35.7	1:32.7	1:31.3
200m Individual Medley	Upper	3:25.0	3:08.9	2:55.8	2:46.6	2:39.5	2:34.8	2:32.3
	Lower	4:25.5	4:03.1	3:42.7	3:30.3	3:21.1	3:15.9	3:12.0



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QUALIFYING TIMES BOYS

Boys		9	10	11	12	13	14	15/over
50m Freestyle	Upper	34.0	32.4	31.0	29.8	28.7	27.8	27.1
	Lower	49.5	46.3	43.3	40.7	38.0	35.4	33.4
100m Freestyle	Upper	NA	1:15.5	1:10.6	1:06.2	1:02.5	1:00.4	58.6
	Lower	NA	1:41.7	1:33.3	1:27.0	1:21.7	1:16.4	1:13.3
200m Freestyle	Upper	2:59.9	2:43.7	2:32.0	2:23.2	2:15.5	2:10.2	2:06.3
	Lower	3:55.0	3:37.4	3:19.3	3:05.4	2:54.7	2:45.9	2:38.5
50m Breaststroke	Upper	48.5	45.1	42.4	40.1	38.1	36.4	35.0
	Lower	1:05.6	1:01.3	55.5	51.8	47.8	44.5	41.9
100m Breaststroke	Upper	NA	1:46.2	1:37.4	1:29.4	1:23.1	1:18.9	1:14.6
	Lower	NA	2:25.5	2:05.5	1:50.0	1:42.3	1:36.6	1:32.0
200m Breaststroke	Upper	3:55.4	3:35.0	3:21.5	3:08.7	2:57.5	2:48.4	2:40.3
	Lower	4:52.1	4:28.4	4:11.1	3:56.4	3:41.3	3:27.2	3:17.7
50m Backstroke	Upper	41.4	38.2	36.4	34.4	32.7	32.0	30.9
	Lower	57.1	52.3	48.2	44.9	42.1	39.7	37.7
100m Backstroke	Upper	NA	1:32.1	1:22.4	1:16.1	1:11.4	1:08.3	1:05.5
	Lower	NA	1:53.5	1:43.8	1:36.2	1:30.2	1:25.2	1:21.1
200m Backstroke	Upper	3:24.7	3:03.3	2:52.9	2:43.4	2:35.0	2:28.0	2:21.7
	Lower	4:23.5	4:03.1	3:45.4	3:30.9	3:18.4	3:08.5	2:59.5
50m Butterfly	Upper	40.6	37.3	35.0	33.0	31.5	30.5	29.7
	Lower	55.9	51.9	48.2	44.8	41.6	38.6	36.2
100m Butterfly	Upper	NA	1:24.9	1:17.9	1:13.4	1:09.8	1:07.2	1:05.2
	Lower	NA	1:57.3	1:48.5	1:39.6	1:31.9	1:26.5	1:21.2
200m Butterfly	Upper	3:49.2	3:26.1	3:03.2	2:49.8	2:40.8	2:32.2	2:24.2
	Lower	4:54.6	4:14.1	3:51.8	3:37.8	3:23.1	3:10.0	2:57.8
100m Individual Medley	Upper	1:39.2	1:30.1	1:23.4	1:17.4	1:13.2	1:11.0	1:09.6
	Lower	2:14.5	1:58.6	1:48.4	1:40.7	1:33.5	1:28.9	1:24.5
200m Individual Medley	Upper	3:29.9	3:09.5	2:56.5	2:46.4	2:37.5	2:30.9	2:24.5
	Lower	4:26.6	4:07.7	3:50.8	3:36.4	3:21.8	3:09.0	2:59.9



Black Lion Swimming Club

Black Lion Level 3 Spring Open Meet 2013

Licence No: 3SE3059

Run under ASA laws, ASA technical rules of swimming and promoters conditions

MEET RULES AND INFORMATION

The competition will be held under ASA laws and technical rules of swimming. This event is licensed at Level 3 for entry into Level 1&2 meets and Regional Championships. Officials will be obtained from the National & Regional lists of qualified personnel.

FACILITIES

The meet will take place at the Medway Park (formerly known as the Black Lion Leisure Centre), Mill Road, Gillingham, Kent. The pool is a 6 lane, 25 metre facility fully equipped with electronic timing, display board and anti-wave ropes. Parking is available in the large pay and display car park adjacent to the Leisure Centre. Refunds for up to 4 hours parking are given in the sports centre upon presentation of the parking voucher obtained with the ticket.

ENTRIES

Swimmers must be, or have applied to be registered with the ASA. Swimmers may only enter events in their own age group. [Ages are at midnight on Sunday 5th May 2013.](#)

AGE GROUPS

The age groups are 9 years, 10 years, 11years, 12 years, 13years, 14 years and 15+ years

EVENTS

The events are 50m, 100m, 200m of all 4 strokes plus 100m and 200m Individual Medley. Please note that under ASA guidelines 9 year olds may not enter 100m events.

SUBMISSION OF ENTRIES

The entry fee is £5.00 for all events. The entry fee includes the 20p levy per event, payable to the South East Region. If the event is oversubscribed, the slowest entrants to some events will be rejected to keep the meet within acceptable time limits. Entries must be submitted either electronically using SportsSystems Meet Manager or be on the official entry form (photocopies accepted). Entries must include the entrant's ASA registration number, date of birth, and entry times, together with all entry fees. Entry times submitted should be those achieved in a 25m pool. Only times that fall within the upper and lower qualifying standards will be considered (please see attached sheet). [The closing date for entries is midnight on Saturday 23rd March 2013.](#) No entries will be accepted after the closing date or during the meet, unless due to the promoter's error or omission. Proof of postage may be required. Entries will not be registered unless accompanied by the correct entry fee. Cheques must be made payable to Black Lion Swimming Club. Completed entry forms should ideally be sent in one envelope per club. Details of accepted entries will be emailed to club's representatives. The promoter reserves the right to reject entry without any reason. Refunds will be issued by one cheque to each club and sent to the contact named on the entry summary sheet as soon as possible after the closing date.

COACHES PASSES

Coach's passes are available at a cost of £12.00 per person per day. This fee includes a daily programme, a full set of results sheets and lunch. A maximum of 3 passes may be issued to each club. For child protection reasons, these must all be pre-ordered at the time of submitting entries. Coach's passes will be collected on the day of each gala.

SIGNING IN

During this meet a 'card-less' entry system will be operating. Upon arrival you will need to sign in at the front desk for every event that you intend to swim. Signing in sheets will be removed 45 minutes prior to the start of each session. Failure to sign in may result in exclusion of the competitor.

WARM UP

Coaches must supervise their swimmers at all times during the warm up. A warm up schedule will be available 15 minutes before the start of each warm up session at the starting end of the pool.

RACE PROCEDURES

It is the responsibility of the competitors and coaches from participating clubs to ensure that all swimmers are competent to the standard of the ASA Competitive Start Award. All events are heat declared winners. Heats will be swum with all age groups combined and swimmers seeded by entry times. The fastest heat in each event will be spear-headed. Starts will be at the deep end of the pool and over the top starts will be used for all events except

backstroke. Swimmers must leave the pool using the steps at the side of the pool and must not climb over the electronic timing pads at the end of each lane.

SWIM DOWN

A continuous swim down facility will be available in the diving pit, adjacent to the main competition pool. Coaches are responsible for supervising their swimmers when using this facility. If swimmers are not supervised then the permission to use the facility may be withdrawn by the sports centre.

RESULTS

Competitor's times will be computer processed using the Sportsystems operating system. These results will then be displayed both on poolside and upstairs in the balcony area. Following the meet, all results will be published on our website www.blacklionsc.org by Wednesday 8th May 2013. Anyone wishing to have these emailed directly must leave their details at the information desk. Meet results will also be sent to the ASA to be included on their official rankings list.

AWARDS

Awards will be given to the top six placed swimmers in 9, 10, and 11 years age group in each individual event and for the top three placed swimmers in 12, 13, 14 and 15+ years' age groups in each individual event. There will be no official presentations so all swimmers must collect their medals from the awards desk.

OFFICIALS

It is appreciated if attending clubs could provide a licensed official to assist with the running of the event. If the event is oversubscribed, preference may be given to those clubs who are providing one or more officials.

SPECTATOR ADMISSIONS

Admission prices are as follows: Adults, one session either day £3.00, all day £5.00. Concessions, one session either day £2.00, all day £3.00. Children are free.

RAFFLE

Raffle tickets will be available to purchase at £1.00 per strip.

PHOTOGRAPHY

In line with ASA Child Protection Policy, the Meet Promoters insist that any person wishing to engage in any video, zoom or close range photography, including the use of mobile camera phones must register their details in the book provided at the entrance desk.

SAFETY

For the purposes of child protection, no persons, unless officials, staff, coaches or team managers displaying a valid pass, shall be allowed on poolside. Competitors are advised not to leave their belongings unattended and to ensure that valuables are placed in a secure locker or deposited with someone for safe keeping. Neither Black Lion Swimming Club nor the pool management will be held responsible for property that is damaged, lost or stolen. Swimmers must not leave the poolside without wearing a top, shoes, and having dried themselves off. Swimmers are advised to remove all jewellery to prevent accidental injury to themselves.

DATA PROTECTION

All entry information and results will be managed on a computer system. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer.

BEHAVIOUR

Coaches and team managers are at all times responsible for the conduct of the swimmers in their care. The promoter reserves the right to refuse admission or to ask any persons to leave during the event.

Any conditions not covered in the above information will be at the discretion of the promoter of Black Lion Swimming Club. By entering this event, competitors and coaches agree to abide by these conditions.